



## Massachusetts School Wellness Award

*Focusing on Physical Activity, Nutrition and Tobacco*

### 2012 Application

The **Massachusetts School Wellness Award**, endorsed by the Massachusetts Department of Elementary and Secondary Education (ESE) and Massachusetts Department of Public Health (DPH), recognizes and honors public schools that support and promote healthy eating, physical activity, and tobacco-free lifestyles among students and staff.

Although wellness encompasses a variety of factors, the criteria for this award are based on state and national standards and promising practices in the areas of:

- 1) School Health Policies and Systems
- 2) Health Education
- 3) Physical Education
- 4) Physical Activity
- 5) Nutrition
- 6) Staff Wellness
- 7) Tobacco

There are three award levels of achievement - gold, silver and bronze - which are based on a point system. Award levels are determined by the total points received on each section of the application. As some criteria are only applicable to either middle/high schools or elementary schools, these two school levels have slightly different point scales.

The top three scoring award-winning schools will each receive their choice of valuable materials to support school wellness activities, such as physical education equipment, scales and stadiometers to measure BMIs, health education textbooks, etc. All gold, silver, and bronze level schools will also receive a **Massachusetts School Wellness Award** banner of recognition from ESE and DPH. Additionally, the ESE Communications Office will send out press releases to local media on all the award recipients, and these schools will be featured on the ESE and DPH websites.

Schools that have previously received a gold-level award are not eligible for another award. Schools that have received bronze or silver-level awards may apply for a higher level award.

## **Baseline Requirements**

To apply for the **Massachusetts School Wellness Award**, the following prerequisites must be met:

- 1) Physical Education is a required subject in all grades for all students at the school.
- 2) Comprehensive Health Education is required for at least 3 grade levels in elementary schools, 1 grade level in middle schools, and 1 grade level in high schools.
- 3) The school or school district has an ongoing Wellness Committee, School Health Council, or other group that helps plan, implement, and monitor school health programs and that meets at least twice a year.
- 4) The school has a written, local wellness policy as outlined in Section 204 of Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, that at a minimum:
  - a) *Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;*
  - b) *Includes nutrition guidelines established by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;*
  - c) *Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and Richard B Russell National School Lunch Act, as those regulations and guidance apply to schools;*
  - d) *Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy*
- 5) The school has a written, comprehensive tobacco-free policy that includes 1) a person/group designated as responsible for enforcement and 2) a process for addressing violations, such as those listed in the Massachusetts School Tobacco Policy Guidelines.

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- 6) The school collects and reports student Body Mass Index as outlined in Massachusetts Regulations 105 CMR 200.000 for the Physical Examination of Children:

*Each school committee or board of health shall adopt policies and procedures to ensure that the Body Mass Index and corresponding percentile of each student in grades 1, 4, 7, and 10 is calculated and reported directly and confidentially to a parent or legal guardian and without identifiers to the MA Department of Public Health.*

Note: Recent legislation at the state level (MGL c. 111 s. 223) and the federal level (PL 111-296, Section 204) strengthen requirements for competitive foods, school wellness advisory committees/councils and school wellness policies. Application items marked with an asterisk (\*) will be included as requirements for the 2012-2013 school year. Schools should make every effort this year to work toward meeting these requirements, most of which go into effect as of August 2012.

If your school meets all prerequisites, please proceed with the application below. To complete the application accurately, someone from school administration, physical education, health education, school nursing, and nutrition services should be involved. We also encourage you to enlist the help of other appropriate school staff members such as classroom teachers.

The application may be filled out online or on paper. Please read each question carefully as some questions contain multiple answers. Please send the application, along with the supporting documentation as noted in the appendix, to:

Laura York  
Coordinated School Health Director  
Massachusetts Department of Public Health  
250 Washington Street  
Boston, MA 02108

Applications must be received by **April 15, 2012**. Winners will be notified by an email sent to the primary contact listed on this application. Content of the application is subject to verification by the ESE and DPH Coordinated School Health directors. If selected for recognition, additional documentation, such as a copy of the curriculum and scope and sequence for the school's physical education and health education classes, and a site visit will be requested.

If you have questions or feedback about the application, please contact:

Carol Goodenow  
CSH Director, ESE  
781-338-3603  
[cgoodenow@doe.mass.edu](mailto:cgoodenow@doe.mass.edu)

or

Laura York  
CSH Director, DPH  
617-624-5537  
[Laura.York@state.ma.us](mailto:Laura.York@state.ma.us)

## **SCHOOL INFORMATION**

**School Name:** \_\_\_\_\_

**School Address:** \_\_\_\_\_

**School District:** \_\_\_\_\_

**School Superintendent:** \_\_\_\_\_

**Primary Contact Name and Title (individual who can be contacted about the application):** \_\_\_\_\_

**Primary Contact Telephone Number:** \_\_\_\_\_

**Primary Contact E-mail:** \_\_\_\_\_

**Grade Levels in the School (check all that apply):**

K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐

**I have reviewed this application and attest to the accuracy of the information provided.**

**Name and Signature of Principal:**

**Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

## HEALTH POLICIES/SYSTEMS

**1) Wellness Committee/School Health Council meets:**

- ☐ 4 times or more per year (3 pts)\*  
☐ 3 times per year (2 pts)  
☐ 2 times per year (1 pt)

**2) The following representatives are included on the Wellness Committee/School Health Council:**

- ☐ School administration\*  
☐ Health education teachers  
☐ Physical education teachers\*  
☐ Mental health or social services staff  
☐ Nutrition or food service staff\*  
☐ School nurse or school physician\*  
☐ Maintenance and transportation staff  
☐ Students\*  
☐ Parents\*  
☐ Community\*  
☐ Local health practitioners, departments, agencies, or organizations  
☐ Faith-based organizations  
☐ Businesses  
☐ Local government  
☐ School Committee member\*  
☐ Other (TBD pt) Please describe \_\_\_\_\_

10 or more representatives (3 pts)  
 7-9 representatives (2 pts)  
 4-6 representatives (1 pt)  
 Fewer than 4 representatives (0 pts)

**3) There is a district-level health coordinator/director who is authorized to use at least 20% of his or her work time to oversee and coordinate school health-related activities.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

**4) The Wellness Committee/School Health Council has evaluated school programs in the following area(s) with a self-assessment tool such as the *School Health Index* or *Students Taking Charge*.**

- | <u>Yes</u>               | <u>No</u>                |                                      |
|--------------------------|--------------------------|--------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Physical Activity (1 pt)             |
| <input type="checkbox"/> | <input type="checkbox"/> | Nutrition (1 pt)                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Tobacco (1 pt)                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Other (TBD pt) Please describe _____ |

*\*This will be required in the 2012-2013 school year. Schools should be working this year to ensure that they meet this requirement as of August 2012.*

- 5) School collects and reviews data on student health and risk behaviors in the following areas using a tool such as the *Youth Risk Behavior Survey* or *Youth Health Survey*:

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Physical Activity (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Nutrition (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Tobacco (1 pt)
<input type="checkbox"/>		Other (TBD pt) Please describe _____

- 6) The Wellness Committee/School Health Council has created an action plan on the basis of the assessment.\*

<input type="checkbox"/>	Yes (3 pts)
<input type="checkbox"/>	No (0 pts)

- 7) Every year, the status of student health issues and school health-related programs are reviewed and changes to the plan are made to reflect changes in health issues and/or priorities.\*

<input type="checkbox"/>	Yes (3 pts)
<input type="checkbox"/>	No (0 pts)

- 8) School solicits input into school wellness activities/policies from the following groups:

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Students not on the Wellness Committee (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Parents not on the Wellness Committee (1 pt)
<input type="checkbox"/>		Other, not including staff on the Wellness Committee (TBD pt)
		Please describe _____

- 9) Some parts of the action plan created by the Wellness Committee/School Health Council are integrated into the School Improvement Plan.

<input type="checkbox"/>	Yes (3 pts)
<input type="checkbox"/>	No (0 pts)

- 10) The Wellness Committee/School Health Council presents annually on the progress of the action plan/school health policies to the following stakeholders:

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	School Committee (1 pt)*
<input type="checkbox"/>	<input type="checkbox"/>	School Staff (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Parent Teacher Organization (1 pt)
<input type="checkbox"/>		Other (TBD pt) Please describe _____

*\*This will be required in the 2012-2013 school year. Schools should be working this year to ensure that they meet this requirement as of August 2012.*

**11) The Wellness Policy and any changes are communicated (e.g., in handbooks, newsletters, signage, website, meetings, emails) to the following audiences:**

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Students (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Teachers/Staff (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Parents (1 pt)

**12) The School Tobacco Policy and any changes are communicated (e.g., in handbooks, newsletters, signage, website, meetings, emails) to the following audiences:**

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Students (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Teachers/Staff (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Parents (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Visitors (1 pt)

**13) School has a student health group dedicated to physical activity, nutrition, and/or tobacco issues.**

☐ Yes (1 pt)  
☐ No (0 pts)

## HEALTH EDUCATION

**1) Comprehensive Health Education is provided to:**

☐ All grade levels (3 pts)  
☐ At least 4 grade levels in elementary schools, and 2 grade levels in middle and high schools (2 pts)  
☐ 3 grade levels in elementary schools, and 1 grade level in middle and high schools (1 pt)

**2) If elementary school: Health Education is taught by teachers who have received specialized training in Health Education.**

**If middle or high school: Health Education is taught by certified Health Education teachers.**

☐ Yes (3 pts)  
☐ No (0 pts)

**3) All Health Education teachers have received professional development on the following topics in the past 2 years:**

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Nutrition Education (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Physical Activity Education (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Tobacco Education (1 pt)



**4) All Health Education teachers are provided with:**

- | <u>Yes</u>               | <u>No</u>                |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Goals, objectives, and expected outcomes for Health Education (1 pt)                        |
| <input type="checkbox"/> | <input type="checkbox"/> | A written Health Education curriculum (1 pt)  |
| <input type="checkbox"/> | <input type="checkbox"/> | A chart describing the annual scope and sequence of instruction for Health Education (1 pt) |
| <input type="checkbox"/> | <input type="checkbox"/> | Plans for how to assess student performance in Health Education (1 pt)                      |

**5) Health Education curriculum includes lessons in the following topic areas:**

- | <u>Yes</u>               | <u>No</u>                |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Physical Activity (1 pt) |
| <input type="checkbox"/> | <input type="checkbox"/> | Nutrition (1 pt)         |
| <input type="checkbox"/> | <input type="checkbox"/> | Tobacco (1 pt)           |

**6) Students are taught how to choose foods that will keep them healthy and how to eat a balanced, nutritious diet.**

- ☐ Yes (3 pts)  
☐ No (0 pts)

**7) Health Education curriculum and scope and sequence are aligned with the *Massachusetts Comprehensive Health Curriculum Frameworks*.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

**8) Health Education emphasizes the teaching of skills as outlined in the *National Health Education Standards*.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

**9) Health Education curriculum is formally reviewed and updated on the same schedule as other disciplines at the school.**

- ☐ Yes (3 pts)  
☐ No (0 pts)

## PHYSICAL EDUCATION

**1) Physical Education is provided to all students for:**

- ☐ The full school year (3 pts)  
☐ 1 semester (2 pts)  
☐ 1 quarter (1 pt)  
☐ Other (TBD pt) Please describe\_\_\_\_\_



- 2) **During the term(s) when students are enrolled in Physical Education class, they receive:**
- ☐ At least 150 minutes per week for elementary and 225 minutes for middle and high school (3 pts)
  - ☐ At least 90 minutes per week for elementary and 135 minutes for middle and high school (2 pts)
  - ☐ Fewer than 90 minutes per week for elementary and 135 minutes for middle and high school (0 pts)
- 3) **All Physical Education teachers are licensed to teach Physical Education.**
- ☐ Yes (3 pts)
  - ☐ No (0 pts)
- 4) **All Physical Education teachers have received professional development in Physical Education in the past 2 years.**
- ☐ Yes (3 pts)
  - ☐ No (0 pts)
- 5) **All Physical Education teachers are provided with:**
- | <u>Yes</u>               | <u>No</u>                |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Goals, objectives, and expected outcomes for Physical Education (1 pt)  |
| <input type="checkbox"/> | <input type="checkbox"/> | A written Physical Education curriculum (1 pt)  |
| <input type="checkbox"/> | <input type="checkbox"/> | A chart describing the annual scope and sequence of instruction for Physical Education (1 pt)                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Plans for how to assess student performance in Physical Education, with assessments related to meaningful content objectives (1 pt) |
- 6) **Physical Education curriculum and scope and sequence are aligned with the *Massachusetts Comprehensive Health Curriculum Frameworks*.**
- ☐ Yes (2 pts)
  - ☐ No (0 pts)
- 7) **Physical Education curriculum is aligned with the National Association for Sport and Physical Education's *Moving into the Future: National Standards for Physical Education*.**
- ☐ Yes (2 pts)
  - ☐ No (0 pts)
- 8) **Physical Education curriculum is formally reviewed and updated on the same schedule as other disciplines at the school.**
- ☐ Yes (3 pts)
  - ☐ No (0 pts)

- 9) **Physical Education includes the instruction of fitness principles and skills needed to maintain a lifelong physically active lifestyle, such as developing personal fitness plans.**
- ☐ Yes (3 pts)  
☐ No (0 pts)
- 10) **Physical Education has inclusive activities for all students, including those with chronic health conditions or special health care needs.**
- ☐ Yes (3 pts)  
☐ No (0 pts)
- 11a) **School requires students in Physical Education to participate in a standardized fitness assessment, such as *Fitnessgram*, in:**
- ☐ At least 2 grades (2 pts)  
☐ 1 grade (1 pt)  
☐ None of the above (0 pts) - ***Skip to Question 12***
- 11b) **After fitness assessments are administered:**
- ☐ Students are taught how to develop a personalized fitness plan based on their fitness assessment results (1 pt)  
☐ Fitness assessment results are sent home to parents (1 pt)  
☐ Aggregate results are shared with school administration (1 pt)
- 12) **Students spend at least 50% of Physical Education class participating in moderate to vigorous physical activity.**
- ☐ Yes (3 pts)  
☐ No (0 pts)
- 13) **School does not allow exemptions from required Physical Education for participation in other activities (e.g., interscholastic sports, band, chorus, and other academic classes).**
- ☐ Yes (3 pts)  
☐ No (0 pts)
- 14) **Teacher-student ratio for Physical Education is similar to those in other curricular areas.**
- ☐ Yes (2 pts)  
☐ No (0 pts)
- 15) **There are safe and adequate facilities and equipment for Physical Education.**
- ☐ Yes (3 pts)  
☐ No (0 pts)

## PHYSICAL ACTIVITY

- 1) **If elementary school: All students have at least 20 minutes per day of supervised recess.**

**If middle or high school: All students are provided with daily opportunities for physical activity outside of physical education, such as activity breaks.**

- ☐ Yes (3 pts)  
☐ No (0 pts)

- 2) **School prohibits the use or denial of physical activity as a means of punishment.**

- ☐ Yes (3 pts)  
☐ No (0 pts)

- 3) **School offers intramural and non-competitive physical activity clubs for all students, including those with disabilities.**

- ☐ Yes (3 pts)  
☐ No (0 pts)

- 4) **School provides community access to physical activity facilities outside of the school day.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

- 5) **School promotes student participation in physical activity, including opportunities available in the community (e.g., in flyers, announcements, bulletin boards, guest speakers).**

- ☐ Yes (2 pts)  
☐ No (0 pts)

- 6) **School provides parents with information to increase their knowledge of the importance of physical activity and opportunities for before and after school physical activity programs in the community (e.g., in newsletters, flyers, website, emails).**

- ☐ Yes (2 pts)  
☐ No (0 pts)

- 7) **School offers parent/student programs that promote physical activity such as family fitness events.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

- 8) School encourages students to walk or bike to school daily, including through programs such as the *Safe Routes to School* program.

☐ Yes (3 pts)  
☐ No (0 pts)

## NUTRITION

- 1) School prohibits use of food as a reward or punishment.

☐ Yes (2 pts)  
☐ No (0 pts)

- 2) The following have received professional development in nutrition in the past 2 years.

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Food service director (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Food service staff (1 pt)

- 3) School actively promotes healthy food choices (e.g., in posters, flyers, PA announcements, contests).\*

☐ Yes (1 pt)  
☐ No (0 pts)

- 4) All food and beverage marketing is restricted to items that meet the USDA nutrition standards or the school's standards if more restrictive.

☐ Yes (2 pts)  
☐ No (0 pts)

- 5) Nutrition information is posted in the cafeteria (e.g., on menus, website, point-of-sale materials) for:

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	School meals (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Competitive foods (1 pt)*

- 6) School nutrition staff collaborate with classroom/health/PE teachers to provide nutrition-related learning experiences for students.

☐ Yes (2 pts)  
☐ No (0 pts)

- 7) School nutrition services requests and uses feedback (e.g., surveys, taste tests, online comments) from the following groups to improve the school nutrition environment:

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Students (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Parents (1 pt)

\*This will be required in the 2012-2013 school year. Schools should be working this year to ensure that they meet this requirement as of August 2012.

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- 8) **School provides parents with information to increase their knowledge of nutrition (e.g., in newsletters, flyers, website, emails).**  
☐ Yes (2 pts)  
☐ No (0 pts)
- 9) **School offers parent/student programs that promote good nutrition such as healthy eating seminars.**  
☐ Yes (1 pt)  
☐ No (0 pts)
- 10) **Adequate time is provided for students to eat: at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.**  
☐ Yes (2 pts)  
☐ No (0 pts)
- 11) **School optimizes scheduling of meals to improve student nutrition and performance by:**  

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Holding recess right before lunch (1 pt)
<input type="checkbox"/>	<input type="checkbox"/>	Serving lunch between 11:00am and 1:00pm (1 pt)
<input type="checkbox"/>		Other (TBD pt) Please describe _____
- 12) **The meal service area is a clean, attractive, and welcoming environment for students to eat.**  
☐ Yes (1 pt)  
☐ No (0 pts)
- 13) **Free drinking water is available to all students at all times throughout the school day.\***  
☐ Yes (2 pts)  
☐ No (0 pts)
- 14) **School participates in the USDA School Breakfast Program.**  
☐ Yes (1 pt)  
☐ No (0 pts)
- 15) **School participates in a Farm to School initiative or has a school garden.**  
☐ Yes (1 pt)  
☐ No (0 pts)
- 16) **School prohibits the use of fryolators.**  
☐ Yes (1 pt)  
☐ No (0 pts)

*\*This will be required in the 2012-2013 school year. Schools should be working this year to ensure that they meet this requirement as of August 2012.*

- 17) At least 5 different kinds of fruits (fresh, frozen, dried, canned, without added sweeteners or added salt) are offered each week, and fresh fruit is offered at least 2 days per week.**  
☐ Yes (2 pts)  
☐ No (0 pts)
- 18) At least 5 different kinds of non-fried vegetables (fresh, frozen, dried, canned, without added sweeteners or sodium) are offered each week, and dark green or orange vegetables are offered at least 3 days per week.**  
☐ Yes (2 pts)  
☐ No (0 pts)
- 19) Fruits and/or non-fried vegetables (fresh, frozen, dried, canned, without added sweeteners or sodium) are offered at any location on the school site where foods are available.**  
☐ Yes (2 pts)  
☐ No (0 pts)
- 20) Each day, whole grains are offered for:**  
☐ All grains served (2 pts)  
☐ At least half of the grains served (1 pt)  
☐ None of the above (0 pts)
- 21) Cooked dry beans or peas (legumes) are offered at least one day per week (includes canned).**  
☐ Yes (1 pt)  
☐ No (0 pts)
- 22) School offers only lean protein products such as lean meat, skinless poultry, fish, reduced-fat cheese, and beans (excludes seeds, nuts, and nut butters).**  
☐ Yes (2 pts)  
☐ No (0 pts)
- 23) School does not offer fried food products, including pre-fried items such as tator tots or chicken nuggets.**  
☐ Yes (2 pts)  
☐ No (0 pts)
- 24) School offers at least one healthy entrée per day (*no more than 35% of its calories from fat, 10% of its calories from saturated fat, 35% of its calories from sugar, zero trans fat, and less than 480mg sodium*).**  
☐ Yes (2 pts)  
☐ No (0 pts)

**25) School offers only low-fat, low-sugar salad dressing/ condiments/ sauces.**

- ☐ Yes (1 pt)  
☐ No (0 pts)

**26) If “treat products” such as cookies, muffins, chips, etc. are offered as a part of reimbursable school meals, they meet:**

- ☐ Not applicable. School does not serve any “treat products” as part of reimbursable school meals (2 pts)  
☐ Research-based nutrition standards such as the Massachusetts Action for Healthy Kids A La Carte Food & Beverage Standards (A-list) or the Institute of Medicine Nutrition Standards for Foods in Schools (1 pt)  
☐ None of the above (0 pts)

**27a) At which of the following venues is there a policy that competitive foods/beverages follow nutrition standards:**

Yes	Does not apply	No	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	a. À la carte in the cafeteria*
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	b. Vending machines*
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	c. School stores/snack bars*
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	d. Concession stands*
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	e. School-sponsored or school related events*
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	f. Fundraising/booster sales*
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	g. Classroom parties*
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	h. Evening and community events

Yes (1-2 pts depending on the standard followed)  
Does not apply (1 pt)  
No (0 pts)

**27b) Which nutrition standards does the school follow for competitive foods/beverages:**

- ☐ Massachusetts State Nutrition Standards (*note: officially start in August 2012*)\*  
☐ Massachusetts Action for Healthy Kids A La Carte Food & Beverage Standards (A-list)  
☐ Institute of Medicine (IOM) Nutrition Standards for Foods in Schools  
☐ Alliance for a Healthier Generation  
☐ HealthierUS School Challenge  
☐ Other Please describe \_\_\_\_\_  
☐ Not applicable. School does not serve any competitive foods.

*\*This will be required in the 2012-2013 school year. Schools should be working this year to ensure that they meet this requirement as of August 2012.*



## TOBACCO

**1) The school's tobacco policy explicitly prohibits tobacco use:**

**Yes      No**

- ☐ ☐ By students, staff, and visitors (1 pt)  
☐ ☐ In school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events (1 pt)  
☐ ☐ 24 hours a day and 7 days a week (1 pt)

**2) School prohibits tobacco industry advertising on school property and at school functions.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

**3) School prohibits students from wearing tobacco brand-name apparel or carrying merchandise with tobacco logos, etc.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

**4) School promotes a tobacco-free environment by displaying tobacco-free signs throughout the school.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

**5) School uses remedial (e.g., education, cessation services) rather than, or in conjunction with, punitive sanctions for violators of the tobacco policy.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

**6) School offers tobacco cessation services or provides information on community tobacco cessation services to faculty, staff, and students.**

- ☐ Yes (2 pts)  
☐ No (0 pts)

**7) School works with local organizations or health boards to implement programs intended to reduce tobacco use.**

- ☐ Yes (1 pt)  
☐ No (0 pts)

**8) School provides parents with information to increase their knowledge of tobacco prevention (e.g., in newsletters, flyers, website, emails).**

- ☐ Yes (2 pts)  
☐ No (0 pts)

## STAFF WELLNESS

- 1) School or school's health insurance provides wellness programs for all employees related to physical activity and healthy eating such as weight management, health screenings, yoga, etc.**  
☐ Yes (2 pts)  
☐ No (0 pts)
- 2) School encourages physical activity for all employees such as physical activity breaks during staff meetings, allowing access to fitness facilities, or taking walks on breaks.**  
☐ Yes (2 pts)  
☐ No (0 pts)
- 3) Food and beverages available in the staff lounge and at school-sponsored staff functions meet the school nutrition standards.**  
☐ Yes (2 pts)  
☐ No (0 pts)

## **SUCCESS STORY**

Please describe one of your school's programs/activities in the areas of physical activity, nutrition, or tobacco that you feel illustrates the exemplary work your school is doing to make a difference in the health of your students.

**Issue Overview:**\_\_\_\_\_

**Program/Activity Description:**\_\_\_\_\_

**Program/Activity Outcomes:**\_\_\_\_\_

## APPENDIX

To complete your application, you will need to mail in the following required appendices.

- ☐ Appendix A: School Wellness Policy and name and title of person responsible for enforcement
- ☐ Appendix B: School Tobacco Policy and name and title of person responsible for enforcement
- ☐ Appendix C: List of names and titles of individuals on the school's Wellness Committee/School Health Council and verification that this group has met at least twice a year (*meeting minutes, attendance records, etc.*).
- ☐ Appendix D: School Menu\*, including a la carte foods sold (one month).  
*\*Production records may be requested in the second round of reviews.*

Thank you for applying for the **Massachusetts School Wellness Award!**